

**Amendments to the Claims****Complete Listing of Claims:**

1. (Original) An energy absorbing and/or spreading garment including:  
an inner layer,  
an outer layer,  
a plurality of arcuate panels housed between the inner layer and the outer layer of the garment, and  
wherein each panel is arranged to over lap at least one adjacent panel in a sliding relationship with the at least one adjacent panel.
2. (Original) An energy absorbing and/or spreading garment as claimed in claim 1 further including a plurality of channels or pockets between the inner layer and the outer layer of the garment to have the arcuate panels.
3. (Original) An energy absorbing and/or spreading garment as claimed in claim 2 wherein each channel or pocket is arranged to house one column of arcuate panels.
4. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 3~~ claim 1 wherein in cross-section shape each panel includes two lower side portions and a higher middle portion.
5. (Original) An energy absorbing and/or spreading garment as claimed in claim 4 wherein the panels are arranged so that one side portion of a first panel is adjacent to the middle portion of a second panel and a side portion of the second panel is adjacent the middle portion of a third panel.
6. (Original) An energy absorbing and/or spreading garment as claimed in claim 4 wherein the panels are arranged in a symmetrical pattern with the axis

of symmetry running between the center of the front of the garment and the center of the back of the garment.

7. (Original) An energy absorbing and/or spreading garment as claimed in claim 6 wherein;

a center panel with higher middle portion and lower side portions is situated between a first left side panel and a first right side panel,

both the first left side panel and the first right side panel have one side adjacent the middle portion of the centre panel,

a second left side panel has one side adjacent the middle of the first left side panel, and

a second right side panel has one side adjacent the middle of the first right side panels.

8. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 3~~ claim 1 wherein the cross-section of each panel extends between a first side and a second side and includes a higher and lower middle portion.

9. (Original) An energy absorbing and/or spreading garment as claimed in claim 8 wherein;

the panels are arranged so that the lower middle portion of a first panel is adjacent a first side portion of a second panel,

the second side portion of the first panel is adjacent to the upper middle portion of the second panel,

the lower middle portion of the second panel is adjacent to the first side portion of a third panel, and

the second side portion of the second panel is adjacent to the upper middle portion of the third panel.

10. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 9~~ claim 1 wherein the panels are arranged in a sliding relationship using a rivets and slots.

11. (Original) An energy absorbing and/or spreading garment as claimed in claim 10 wherein at each point where panels are adjacent at least one panel is provided with a slot and the panels are riveted with the rivet arranged to slide along the slot thereby allowing a sliding relationship between adjacent panels.

12. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 11~~ claim 1 wherein the panels are arranged to form rows across the garment with each panel in the row housed in a channel or connected to the adjacent panel(s) by a suitable sliding connection means.

13. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 12~~ claim 1 wherein the garment is provided with more than one row of panels where panels form columns in each channel.

14. (Original) An energy absorbing and/or spreading garment as claimed in claim 13 wherein the garment is provided with overlap between the panels in each channel.

15. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 14~~ claim 1 wherein the panels are formed from resilient deformable material.

16. (Original) An energy absorbing and/or spreading garment as claimed in claim 15 wherein the panels are formed from plastics.

17. (Currently Amended) An energy absorbing and/or spreading garment as claimed in claim 15 ~~or claim 16~~ wherein the panels are formed from a rigid material.

18. (Currently Amended) An energy absorbing and/or spreading garment ~~any one of claims 1 to 14 as claimed in claim 1~~ wherein the panels are formed from a rigid material.

19. (Currently Amended) An energy absorbing and/or spreading garment ~~any one of claims 1 to 14 as claimed in claim 1~~ wherein the panels are formed from a rigid material.

20. (Currently Amended) An energy absorbing and/or spreading garment as claimed in claim 18 ~~or claim 19~~ wherein after a panel has received an impact of greater than a predetermined force it permanently deforms.

21. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 20~~ claim 1 wherein the garment is provided with perforations to allow air to flow through the garment to a wearer.

22. (Currently Amended) An energy absorbing and/or spreading garment as claimed in ~~any one of claims 1 to 24~~ claim 1 wherein the garment is provided with perforations to allow air to flow through the garment to a wearer.

23. (Original) An energy absorbing and/or spreading garment as claimed in claimed 22 wherein the fabric of the inner and outer layers includes one-way stretchability.

24. (Original) An energy absorbing and/or spreading garment as claimed in claim 23 wherein the stretchability is arranged to run across the garment.